Shopping with Sally

Dinner Tables Will Be Laden This Weekend

Easter time is family feast time as Sunday tables are laden with succulent hams, dishes of fresh, spring vegetables and bowls of fruit.

No doubt, you'll be doing your Easter shopping today or Saturday and you might pick up several food specials offered for this long weekend.

Bad news first. The shipload of fresh pineapple has been delayed and won't be in port until Monday although many merchants still have a good supply of this fruit to go together with your ham.

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Vegetables such as fresh green peas at two pounds for 43 cents, carrots sold in cello-wrap for 19 to 43 cents depending on weight and asparagus in most stores selling for 29 cents a pound, are sure to please your Easter budget and leave enough to buy a bonnet.

* * *

Salad items, as well, go well for this weekend, the beginning of the "salad days" that continue until the fall. One salad item is cucumbers, nearly a foot long of excellent quality and costing about 49 cents each. Tomatoes, green onions, lettuce, radishes and other ingredients are also available.

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There are new spuds on the market now from California. The Shafter variety are high priced at two pounds for 29 cents but the price will drop. An interesting note about the colored red spuds. The reddish brown of the Florida potato is its own but there are some of the "sunburned" spuds with a much brighter color. There's nothing wrong with the quality but the color's not their own but a dye job.

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Tip on storing the new "immature" potatoes: Keep them out of the light, they'll go green in a day and if possible store them in the refrigerator.

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Another specialty item for Easter shoppers are sweet potatoes and yams, go-togethers with ham. You'll find they're priced from 31 to 43 cents for two pounds.

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It's also a fine gardening weekend and you can pick up seed spuds at most any grocery store for as low as 10 pounds for 75 to 79 cents.

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Cauliflower sells well this weekend as an extra vegetable. You'll find cello-wrapped cauliflower as reasonable as buying in bulk, thanks to no extra freight charges. Shipping in bulk, 16 heads of cauliflower weighed in at about 90 pounds. Today, in cello wrapping, the same number weighs closer to 30 pounds.

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We'll see the end of the California Emperor grapes soon and the prices will rise abruptly from the current 29 cents a pound.

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And for the housewife who really likes to please—corn-on-the-cob from Florida has just arrived and will be selling at about two cobs for 23 cents, three for 35 cents and so on.

Cantata Slated Today

Centennial United Church choir is presenting J. Maunders' cantata "From Olivet to Calvary" today at 8 p.m. in the church under the direction of Mr. Julian A. White with Mrs. Margaret Wilmhurst at the organ. Proceeds will go into the choir funds.

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Victoria Rebekah Past Noble Grands Club will meet today at 8 p.m. in the Oddfellows hall.

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A buffet supper April 13 will be occasion for the installation of officers of the Canadian Daughters League Assembly No. 5, it was announced recently.

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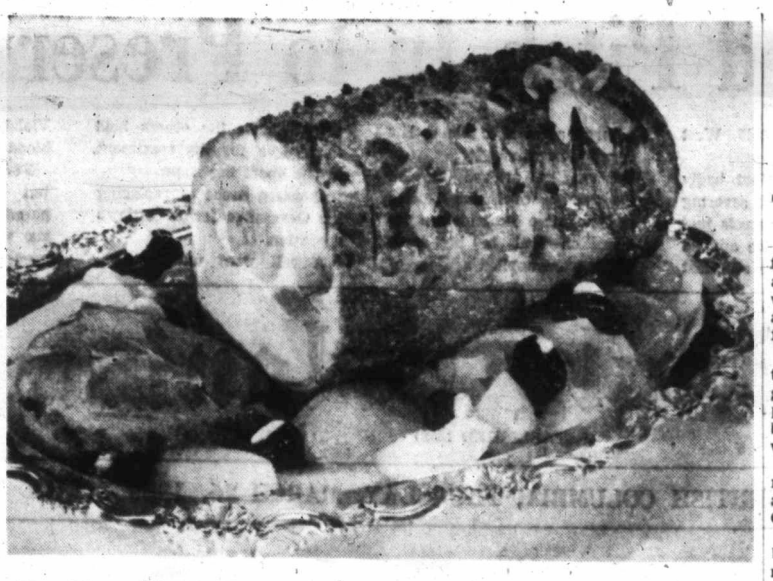
Mrs. Phyllis Graveley, executive director of the YWCA, will speak on the "Status of Women" based on her trip to New York to attend a seminar on that subject. The occasion will be a coffee party sponsored by the Y board of directors on April 22 at 11 a.m.

* * *

Spring tea date has been set by the Sir Matthew Baillie Begbie chapter, IODE as April 22 at the home of Mrs. W. A. Smith, 1438 Begbie Street.



Glazed ham deluxe with orange peel petals as trim is easy to prepare for the big Easter feast.

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Ham Traditional Choice For the Easter Feast

Ham is the choice for Easter dinner both by tradition and popular acclaim.

With whole hams, half hams or slices from which to choose, the Easter feast is practical for large and small families alike.

Good eating is in store for you when a tender, juicy, brown sugar-cured ham is surrounded with fancy fixings.

Honey, spiced peach halves, fresh asparagus and sweet potato rosettes dress up any ham.

When purchasing your ham for this coming weekend, bear two things in mind.

By selecting brand-name ham, you'll be assured of good quality plus cooking instructions on the wrapping. Secondly, decide whether you want a fully-cooked or a cook-before-eating ham.

The advantage of the former is that you slice it cold and serve as is or pop it in the oven after glazing with your own special sauce.

GLAZED BAKED HAM

Bake the boneless ham by the directions printed on the casing. Half an hour before the ham is done, slit and fold back the casing. Place criss-cross lines in the fat with a ham slicer. Stud each lozenge of fat with a whole clove. Spread with 1 tablespoon dry mustard mixed with 1 tablespoon sherry or orange juice. Sprinkle with brown sugar and return to the oven to glaze.

With a sharp knife, cut 15 petal slices from the peel of two large oranges. Simmer the slices in water 7 minutes then in half a cup of sugar and half a cup of water 15 minutes. Make 3 daisies of 5 petals each and affix to the ham with toothpicks, using red cherries for centres.

And for using up leftover ham consider this recipe:

HAM MOLD

Four packages lemon jelly powder, 6 cups boiling water, 1¼ cups cider vinegar, 1 teaspoon salt, dash of cayenne, 1 package frozen mixed vegetables, 1 cup celery, sliced, 5 cups ham, cut in ½ inch cubes, 4 hard cooked eggs, sliced.

Cook mixed vegetables in small quantity of water until beans are just tender. Dissolve jelly powders in boiling water; add vinegar and seasonings. Pour jelly mixture into oiled 10" mold to a depth of ½". Sprinkle with 1 cup ham cubes and ¼ cup mixed vegetables. Allow to set. Chill remaining jelly until slightly thickened then fold in remaining ingredients. Pour over set jelly in mold. Chill until firm. Unmold on crisp greens and serve with mustard mayonnaise.

A Lovelier You

By Mary Sue Miller

SPRING REDUCING SERIES. It's a snap to trim the upper arms and back, if you've got a strap. The purpose of a strap is not to whip off the flesh but to help you exercise it off. Like a sparring partner, a strap resists your movements and this makes exercising seem more interesting. In consequence, you work out oftener and harder. Results, naturally, come faster.

The best kind of strap to use is made of sturdy leather, about 60 inches long. Two strong belts, buckled together, will do fine. For reducing and firming the back and arms, use a strap this way:

Stand tall, feet six inches apart. Grasp ends of strap in either hand and, keeping hands together, fling arms upward and as far behind head as possible. Now with great force, pull outward on the strap until it "snaps" and immediately bring hands together again. Continue rapidly for 20 to 40 counts.

If the strap fails to snap when the arms are fully extended, shorten your grasp on it. Without snaps, flesh naps!

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Get Along Or Perish —Dr. Mead

VANCOUVER (CP)—"Now for gosh sakes, don't say I'm against brotherhood. I don't want it to get out that I'm against brotherhood and in favor of sin or something."

Dr. Margaret Mead, one of the world's leading anthropologists and Columbia University professor, snapped shut her big purse and the interview was over.

Dr. Mead was off on a busy round of talks and meetings at the University of British Columbia.

"We need something besides brotherhood," she said. "We need a new invention."

She said brotherhood has been useful so far. It has moved the human race all the way up from the savage tribe to the modern nation.

"We're going to have to invent some way of extending the idea of brotherhood because brotherhood alone isn't going to work. We must be more than our brother's keeper—we must be our enemies' keeper."

Dr. Mead said there is no point in talking about a "remnant or residue" being left over from a third world war because "there won't be anyone left . . . to start over again."

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